

MON



BREAKFAST
Cherry & Strawberry Flaxseed Pudding



SNACK 1
Flax Wraps



LUNCH
Lettuce Wrap Lentil Beet Burgers



DINNER
Vegan Pesto Pizza

FRUITS

- 2 Avocado
- 1 cup Cherries
- 1 cup Strawberries

SEEDS, NUTS & SPICES

- 1 1/2 tsps Cinnamon
- 3 cups Ground Flax Seed
- 1 3/4 tsps Sea Salt
- 1/2 cup Walnuts

VEGETABLES

- 4 Beet
- 2 Garlic
- 1/2 cup Parsley
- 1 head Romaine Hearts
- 2 Tomato

BOXED & CANNED

- 1 cup Lentils

BAKING

- 2 1/2 cups All Purpose Gluten-Free Flour
- 1 tsp Baking Powder
- 1/2 tsp Instant Yeast
- 1 1/2 tsps Psyllium Husk Powder
- 1 tbsp Raw Honey

CONDIMENTS & OILS

- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Pesto

COLD

- 1 1/2 cups Plain Coconut Milk

OTHER

- 2 1/4 cups Water

Cherry & Strawberry Flaxseed Pudding

4 SERVINGS 1 HOUR 5 MINUTES



INGREDIENTS

1 cup Ground Flax Seed
1 1/2 cups Plain Coconut Milk
1 tbsp Raw Honey
1 1/2 tsps Cinnamon
1 cup Strawberries (sliced)
1 cup Cherries (pitted)

DIRECTIONS

- 01 Combine all of the ingredients except for the strawberries and cherries in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 02 Stir well, and divide into cups or containers if on-the-go. Top with the strawberries and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add the fruit just before serving.

SERVING SIZE

One serving is equal to approximately 1/2 cup of flax seed pudding.

ADDITIONAL TOPPINGS

Top with nuts, seeds, and/or shredded coconut.

Flax Wraps

4 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Water
1/4 tsp Sea Salt
1 1/2 cups Ground Flax Seed

DIRECTIONS

- 01 In a pot over high heat, bring the water to a boil. Add the salt.
- 02 Remove the pot from the heat and stir in the flaxseed. Continue to stir until a ball of dough forms, about a minute. Turn the dough out onto a piece of parchment paper and allow it to rest until cool enough to handle. Divide the dough into equal portions.
- 03 Heat a dry non-stick pan over medium heat.
- 04 One portion at a time, roll the dough out approximately eight inches in diameter between two pieces of parchment paper.
- 05 Carefully transfer the rolled out wraps to the pan, one at a time. Cook for one to two minutes per side until just browned but still soft in the middle (do not overcook). Transfer to a cooling rack to cool completely. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container or zipper-lock bag for up to three days in the fridge or up to three months in the freezer. Reheat wraps in a dry pan for 1 to 2 minutes per side if they become too wet in the fridge or after thawing.

SERVING SIZE

One serving is equal to one wrap.

MORE FLAVOR

Add garlic powder, onion powder, dried herbs, or other spices.

SERVE IT WITH

Fill with your favourite sandwich toppings or serve beside hummus or tzatziki for dipping.

FLAX SEED

Finely ground flax seed works best for this recipe.

WRAPS

Trace around a small plate or bowl to make perfectly round wraps.

Lettuce Wrap Lentil Beet Burgers

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

4 Beet (medium-size, peeled, cut into small cubes)
1 cup Lentils (cooked, rinsed)
1/2 cup Walnuts (roughly chopped)
1/2 cup Parsley (chopped)
1/4 cup Ground Flax Seed
1/2 tsp Sea Salt
2 Garlic (clove, minced)
2 Avocado (sliced)
1 head Romaine Hearts (leave separated)

DIRECTIONS

- 01 Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
- 02 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 03 To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 04 Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
- 05 To serve, top the burger patties with sliced avocado and use a few leaves of lettuce as a bun. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up one month. Enjoy cold or reheat on the stovetop.

SERVING SIZE

One serving is one burger patty.

NUT-FREE

Omit the walnuts.

ADDITIONAL TOPPINGS

Top the patty with your favourite burger toppings.

LENTILS

This recipe was created and tested using canned brown lentils.

BEETS

Four medium beets are equal to approximately 2 1/2 cups of cubed beets.

Vegan Pesto Pizza

8 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

2 1/2 cups All Purpose Gluten-Free Flour
1/4 cup Ground Flax Seed
1 1/2 tsp Psyllium Husk Powder
1 tsp Baking Powder
1 tsp Sea Salt
1/2 tsp Instant Yeast
1 1/2 cups Water (warm)
1/2 cup Extra Virgin Olive Oil (plus extra for greasing)
1/2 cup Pesto
2 Tomato (small, sliced)

DIRECTIONS

- 01 In a mixing bowl, combine the flour, flax, psyllium husk, baking powder, salt and yeast.
- 02 Add the warm water and oil. Mix with a fork then knead with your hands and form a ball. The dough should be a bit sticky but able to hold shape. If the dough is too wet, add more psyllium husk. If it is too dry, add water. Cover with a damp towel and let sit at room temperature for 60 minutes.
- 03 Adjust the oven racks to the top and preheat to 500°F (260°C). Place a pizza stone or baking sheet in the oven.
- 04 Grease your fingers with a bit of oil. Transfer the dough to a sheet of aluminum foil, and gently press into a thin round layer, roughly 1/4 inch thick. Transfer onto the preheated stone or baking sheet and bake for 8 to 10 minutes.
- 05 Spread the pesto evenly over the pizza and top with tomato slices. Bake for an additional 7 to 9 minutes. Let cool slightly and enjoy!

NOTES

PIZZA SIZE

For a pizza that makes eight servings spread the dough about 15 inches in diameter, 1/4 to 1/2-inch thick.

LEFTOVERS

Refrigerate in an airtight container or storage bag for up to seven days. Freeze up to three months. Reheat in the oven.

SERVING SIZE

One serving equals one slice of pizza.

ADDITIONAL TOPPINGS

Customize your pizza with your favorite toppings like onions, mushrooms and/or green peppers.

PERSONAL PIZZAS

Divide the dough into your desired number of pizzas and customize your toppings. Reduce the cooking time accordingly until the crust has browned slightly.

FLOUR

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that results may vary with other types of flour.

NO ALUMINIUM FOIL

Reduce the heat to 425°F and cook the pizza on parchment paper instead. Increase the cooking time accordingly until the crust has browned slightly.